

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Asian Pear

Pears are good for you because: they are high in fiber and low in calories. Pears have a lot of nutrients that help improve blood, bone, and cardiovascular health, such as vitamins A, C, K, and potassium.

Farm to School ~

Asian pears are actually the name for a group of pears with similar characteristics. Apple pears, Korean pears, nashi pears, and Japanese pears are all considered Asian pears as they all come from the same tree. The trees begin to bloom in April and are in season through January.

Selection and Storage ~

Select pears that are fragrant, firm, and have no marks or bruises. You can refrigerate the pears for up to one month.

Origin ~ Where did it come from?

Asian Pears are the oldest cultivated pear known. Asian Pears have been cultivated as far back as 1100 B.C. Chinese miners who migrated to California during the gold rush brought Asian Pear seeds. There are more than 25 different varieties of Asian Pears in the USA.

Fun Facts



The shape of these pears are similar to the shape of an apple. They can be kept in the refrigerator for much longer than most other fruit.



Word Search

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APPLE
CALIFORNIA
GOLD

ASIAN
CHINESE
PEAR

BLOOM
FRUIT
RUSH



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PEAR COLORING



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